



OUR LADY *of* LOURDES
NUESTRA SEÑORA *de* LOURDES

WWW. OLOLCC.NET



*Just as the living Father sent me and I have life because of the Father,
so also the one who feeds on me will have life because of me.*

AUGUST 18, 2024
TWENTIETH SUNDAY IN
ORDINARY TIME

18 DE AGOSTO, 2024
VIGÉSIMO DOMINGO
DEL TIEMPO ORDINARIO

PARISH INFORMATION

OFFICE HOURS

Monday—Friday 8:00 AM—4:00 PM



Parish
Registration



Faith Direct
for eGiving



REGISTRATION

WWW.OLOLCC.NET and click “I’m New”
to join our parish or scan the QR code.

MASS SCHEDULE

Sunday	5:30 PM Vigil (Saturday) * 8:00 AM * 10:00 AM * 12:00 PM * 5:00 PM (Español)
Monday—Friday	6:45 AM * 12:00 PM
Saturday	9:00 AM
Holy Days of Obligation	7:00 PM (Vigil) * 6:45 AM * 12:00 PM * 7:00 PM
All Federal Holidays	10:00 AM (Monday—Thursday)

CONFESSIONS

Saturday	4:00 PM—5:00 PM
Sunday	4:15 PM—4:45 PM (Español)
Tuesday	12:30 PM
Thursday	12:30 PM
Friday	12:30 PM

Note : Schedule changes for Christmas, Holy Week, Easter and Federal Holidays that fall on a Friday.

Note: Special Confession schedules during Advent, Lent & Holy Week.

THIS WEEK AT OLOL

19

Rosary
6:15 AM * 11:30 AM

MONDAY

20

Rosary
6:15 AM * 11:30 AM

Confessions
12:30 PM

Pro-Life Rosary
7:00 PM

TUESDAY

21

Rosary
6:15 AM * 11:30 AM

Miraculous Medal
Novena
12:30 PM

WEDNESDAY

22

Rosary
6:15 AM * 11:30 AM

Confessions
12:30 PM

THURSDAY

23

Rosary
6:15 AM * 11:30 AM

Confessions
12:30 PM

Exposition of the
Blessed Sacrament
12:30 PM—3:00 PM

Divine Mercy Chaplet
3:00 PM

FRIDAY

24

Rosary
9:30 AM

Confessions
4:00 PM—5:00 PM

SATURDAY

25

Confessions
4:15 PM—4:45 PM
(Español)

SUNDAY

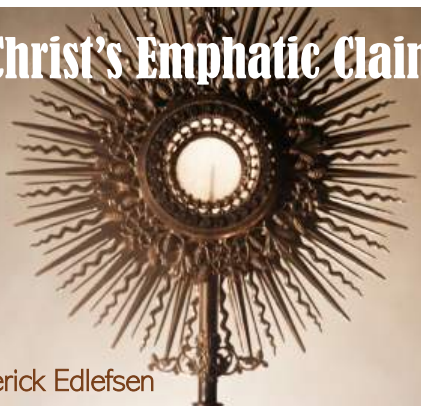
CLERGY

Fr. Frederick H. Edlefsen, Pastor
Fr. Francis Peffley, Parochial Vicar
Fr. Daniel L. Mode, In Residence
Fr. Steven R. Walker, In Residence

STAFF

Ms. Debra Corrie, Office Manager
Mrs. Marie Macnamara, Sacramental Records
Mrs. Esperanza Miranda, Parish Assistant
Ms. Stephanie Vindell, Parish Assistant
Ms. Leigh Hasson, Director of Religious Education (DRE)
Mr. Tom Bartolomeo, Director of Music

Christ's Emphatic Claim



By Fr. Frederick Edlefsen

At the Last Supper, on Holy Thursday, Jesus instituted the Sacrament of the Lord's Body and Blood, the Eucharist. In Chapter 6 of John's Gospel, Jesus made an emphatic claim at the synagogue in Capernaum, leaving no doubt about what he meant when he said at the Last Supper, "This is my Body, which is given up for you." When the priest consecrates bread and wine at Mass, these things, the "fruit of the earth" and "work of human hands", substantially become the Body and Blood of Jesus Christ. In John 6, Jesus puts a ninefold emphasis on this point, which is perhaps the most emphatic thing he says during public ministry. Look at what he says:

- (1) "I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die" (John 6:48-50).
- (2) "I am the living bread that came down from heaven; whoever eats this bread will live forever." (John 6:51)
- (3) "The bread that I will give is my flesh for the life of the world." (John 6:51).
The crowd quarreled among themselves, saying, "How can this man give us his flesh to eat?" (John 6:52)? They doubted. But Jesus doubled down on his teaching:
- (4) "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you." (John 6:53)
- (5) "Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day." (John 6:54)
- (6) "For my flesh is true food, and my blood is true drink." (John 6:55)
- (7) "Whoever eats my flesh and drinks my blood remains in me and I in him." (John 6:56)
- (8) "Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me." (John 6:57)
- (9) "This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever." These things he said while teaching in the synagogue in Capernaum. (John 6:58-59)

Simon Peter answered Jesus, "Lord, to whom shall we go? You have the words of eternal life." (John 6:68)

Our parish welcomes you and your family.

If you have moved to the area, or you come to Mass regularly but have not registered yet, we invite you to register today!

Use the QR code or visit our website at OLOLCC.NET and select "I'm New."



Becoming a member provides a unique opportunity to participate fully in the life of the parish.

Take Note

Upcoming events..

COFFEE AND DONUTS

Sunday, August 18 ... *this weekend!*

Join us after the 8:00 AM and 10:00 AM Masses for our monthly coffee and donuts on the patio in front of the church (Parish Hall in case of rain).

LABOR DAY MASS

Monday, September 2

Come to honor and pray for all workers and their contributions to society at our 10:00 AM Labor Day Mass. Office will be closed.

PARISH PICNIC

Sunday, September 15

Save the date and join us for food and fun after the 12:00 PM Mass at our Parish Picnic. All are welcome!



OUR PARISH



Honor a loved one with a Mass
at Our Lady of Lourdes!
Contact the Rectory Office

August 18, 2024

Twentieth Week in Ordinary Time
WEEKLY MASS INTENTIONS

SATURDAY

AUGUST 17

9:00 AM Eve Kramer

5:30 PM + Tajh Dorleans by Marie Baptiste

SUNDAY

AUGUST 18

Twentieth Sunday in Ordinary Time

8:00 AM + Robert A. Rachko by Maria & Trent Hughes

10:00 AM All Parishioners, Living & Deceased

12:00 PM + Roger E. Kilb by Mr. & Mrs. John Thoms

5:00 PM (Spanish) Rev. Pascal Tchana

MONDAY

AUGUST 19

St. John Eudes, Priest

6:45 AM Thomas Coleman by James & Maryellen Tibbs

12:00 PM + Therese Tieso by Rose Demma

TUESDAY

AUGUST 20

St. Bernard, Abbot and Doctor of the Church

6:45 AM Casandra Billerbeck by James & Maryellen Tibbs

12:00 PM + Ramona S. Magahum by Solita Wakefield

WEDNESDAY

AUGUST 21

St. Pius X, Pope

6:45 AM + Rolf & Barbara Lundberg by Rolf & Carolyn Lundberg

12:00 PM + John McHale by Diane Dusza

THURSDAY

AUGUST 22

THE QUEENSHIP OF THE BLESSED VIRGIN MARY

6:45 AM James & Maryellen Tibbs

12:00 PM + Dr. Billy E. Jones by Rolf & Carolyn Lundberg

FRIDAY

AUGUST 23

St. Rose of Lima, Virgin

6:45 AM Rev. Melmer

12:00 PM + Grace E. Soule by Rolf & Carolyn Lundberg

THE QUEENSHIP OF THE BLESSED VIRGIN MARY



Catholics celebrate the Queenship of Mary because her Divine Son is King. In his encyclical *Ad Caeli Reginam*, Pope Pius XII proclaimed: "We are instituting a feast so that all may recognize more clearly and venerate more devoutly the merciful and maternal sway of the Mother of God." The feast of the Queenship is celebrated the octave (8th day) after the Solemnity of the Assumption, that is, August 22nd each year.

Source: EWTN.com

Volunteers

MAKE GREAT THINGS HAPPEN!

Scan the QR code. We need you!



HELPING HANDS FOOD DRIVE

OUR NEXT FOOD DRIVE FOR CHRIST HOUSE STARTS THIS WEEK! Special request items are pasta, pasta sauce, canned meat (spam, corned beef hash), paprika, salt, pepper. Please bring donations to the Helping Hands closet behind the stained glass door at the Church entrance.

Thank you for helping to feed the hungry.



Prayer in our Parish

PLEASE PRAY FOR

Dana Gould, Paul Durand, Ed Boehme, April Garcia, José Silva, Rosa Diesquez, Parfait Williams, Bridget Hinds, Geraldine Filpi, Jim & Becky McManaman, Francis Xavier Eversole, Ron Harris, Ismael A. Zavala Umaña, Mary O'Donoghue, Albert Colbert, and Julia Macnamara. Contact the Rectory Office at 703-684-9261 or send a message to olol@ololcc.net to be included.

PRO-LIFE ROSARY

Together we pray, through the power of the Rosary, for a culture of life. Join us every Tuesday at 7:00 PM, in the church to pray for the unborn and for an end to abortion.

PRAYER CHAIN

Do you have an urgent need for prayer? Members of our parish will pray for your intention. Contact James at 703-887-7117 or ejt@cybtek.com to arrange. Provide only a first name and the prayer intention for the person(s) in need of prayer.

LEGION OF MARY

Hosting the Pilgrim Virgin statue is a beautiful way to honor Jesus and Our Lady, to invite God's blessings into your home, and to unite your family in prayer! Bring the "Pilgrim Virgin" to your home for intimate prayer. Contact the Legion of Mary at csb1789@hotmail.com.



Do you need financial assistance or know of someone who does?

Contact

**Society of St. Vincent de Paul
Our Lady of Lourdes Conference**

At

571-544-7832

SVDPOLOLconference@gmail.com



Many sources of assistance are available, including help with housing, food, clothing, transportation, medical care, pregnancy support, employment.

Helping Neighbors in Need

ALTAR FLOWERS

This week's Altar Flowers were provided in loving memory of our father
Mazi Kingsley Ijeoma
as we mark his one year transition.
By his children, Obinna, Ugonna, Nneka and Ikenna

Email or call the Rectory Office to schedule.
Sponsorship is \$50
703-684-9261 or OLOL@OLOLCC.net

Next available date is September 1st

CELEBRATING THE SACRAMENTS AT OLOL

BAPTISMS

Visit ololcc.net and click *Mass & More* and *Baptism* to submit a request. Or call the Rectory Office.

FIRST HOLY COMMUNION

Grades 1-2 prepare in our two-year CCD program. Visit ololcc.net

CONFIRMATION

Grades 7 & 8 prepare for confirmation in our CCD program. Visit ololcc.net, click *Get Involved* and then *Religious Education* to register. Or contact Leigh Hasson at dre@ololcc.net.

ORDER OF CHRISTIAN INITIATION FOR ADULTS (OCIA)

Adults 18+ seeking the Sacraments of Initiation: Baptism, Holy Communion, and Confirmation, visit ololcc.net and click *Get Involved* and *Explore Catholicism* to register. Or call the Rectory Office to speak with a priest.

MARRIAGE PREPARATION

Contact a priest at least 7-8 months before your wedding date to begin preparation. Submit a request at ololcc.net under *Mass & More* and *Marriage Prep*.

ANNOINTING, HOMEBOUND & FUNERALS

Contact the Rectory Office.

RELIGIOUS EDUCATION



Religious Education at Our Lady of Lourdes
Starts September 8th

Students (K-8) & Preschool Children, too!
Reduced fees for early registration.



Pre-K through 4th Grades — Sundays at 9:00 AM
5th through 8th Grades — Sundays at 11:00 AM

INTERESTED IN BECOMING A CCD TEACHER?

Our CCD catechism program for youth (grades pre-K to 8) seeks volunteer religion teachers for this upcoming school year.

Faith formation and sacramental preparation of youth is a vital mission of our parish. If you would like to volunteer, contact Leigh Hasson, Director of Religious Education at dre@lolcc.net

FORMED

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DO YOU WANT TO EXPLORE
CATHOLICISM?

OCTA

The Order of Christian Initiation of Adults

- + Prepares adults to receive the Sacraments of Initiation: Baptism, Confirmation and Holy Communion
- + Open to anyone who just wants to learn more about the Catholic Faith
- + Classes begin on September 9, 2024.
- + Classes will be held on Mondays at 7:00 PM.

To learn more
Visit lolcc.net-explore-catholic-faith



Stewardship Reflection

“Whoever eats my flesh and drinks my blood remains in me and I in him.” John 6:56

This line from Scripture is what ultimately separates Catholics from our Protestant brothers and sisters. Jesus is really present in the bread and wine that are consecrated at Holy Mass. It is His actual body and blood that we consume. This is the greatest gift that we can receive. The Eucharist shows us how great of love that Jesus has for each of us.

2024 Retreat

for **Adult Children of Divorce**

September 13-15, 2024
San Damiano Retreat Center
White Post, VA

The Office of Marriage, Family and Respect Life invites anyone who comes from divorced parents to attend this powerful retreat, connect with others, and go forward renewed in faith, hope and love.

Cost is \$425. Questions? Contact 703-841-2550
Registration at www.arlingtondiocese.org/healingretreat



“Taste and see the goodness of the Lord”

Could God be calling you to spread his goodness as a priest or religious sister or brother?

Contact Fr. Michael Isenberg at (703) 841-2514 or michael.isenberg@arlingtondiocese.org

FAITH DIRECT ONLINE GIVING

Our Lady of Lourdes accepts online donations via Faith Direct! You can donate to all our parish first and second collections and set up recurring payments on your own schedule. To sign up, scan the QR code to the right, or visit www.faithdirect.net and enter parish code VA327.



Faith Direct for eGiving

SECOND COLLECTION

August 17 & 18 * Maintenance & Improvement Fund

Help our church stay strong, safe and clean by donating to our parish Maintenance & Improvement Fund. Your donations keep our buildings comfortable, safe and ensure that our grounds and church look their best throughout the year.



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NUESTRA PARROQUIA

BAUTISMOS

Para bautismos, los padres y padrinos deben asistir a la charla pre-bautismal, el último domingo de cada mes, después de la Misa. Los padrinos deben ser *católicos practicantes*, es decir personas que van a Misa cada domingo. Si el padrino/madrina no es feligrés de Nuestra Señora de Lourdes, debe traer una carta de su parroquia certificando que es elegible para apadrinar. La carta debe tener sello de la parroquia, firmada por el párroco y ser enviada a Nuestra Señora de Lourdes una semana antes del día del bautismo. Próxima charla será el **Domingo, 25 de Agosto** en el Salón Parroquial a las 6:15 PM.

SACRAMENTO DEL MATRIMONIO

Para casarse por la Iglesia, comuníquese con la oficina 7-8 meses antes de la fecha del matrimonio al 703-684-9261.

EN ORACION POR

Dana Gould, Paul Durand, Ed Boehme, Rosa Diéquez, April García, Jim y Becky McManaman, Bridget Hinds, José Silva, Geraldine Filpi, Parfait Williams, Francis Xavier Eversole, and Ron Harris. Comuníquese con la Rectoría al 703-684-9261 o olol@ololcc.net si necesita incluir a alguien en esta lista.

EXPOSICION DEL SANTISIMO SACRAMENTO

Todos los viernes se expone el Santísimo Sacramento de 12:30 PM a 3 PM. Se retira con el rezo de la Coronilla de la Divina Misericordia. ¡El Señor te espera para tener un encuentro personal contigo!



APOSTALADO HISPANO

La oficina del Apostolado Hispano tiene como misión principal acompañar a las familias inmigrantes a ser parte integral de nuestra Diócesis de Arlington, Virginia, ofreciendo diversos programas y ministerios para reforzar una sólida espiritualidad pastoral en la Nueva Evangelización. Para más información visite <https://www.arlingtondiocese.org/apostolado-hispano/>

INTENCIONES DE MISAS



Honra a un ser querido con una Misa!

Llama o envía un mensaje a la Rectoría para reservar una Misa
703.684.9261 or
OLOL@OLOLCC.net

La declaración enfática de Cristo



Por el P. Frederick Edlefsen

En la Última Cena, el Jueves Santo, Jesús instituyó el Sacramento del Cuerpo y la Sangre de Jesucristo, la Eucaristía. En el capítulo 6 del Evangelio de Juan, en la sinagoga de Cafarnaúm, Jesús hizo una declaración enfática que no dejó en duda el significado de lo que Él proclamó durante la Última Cena: "Este es mi Cuerpo, que será entregado por vosotros". Cuando el sacerdote consagra el pan y el vino en la Misa, estos alimentos que son el "fruto de la tierra" y la "obra de las manos humanas", se convierten sustancialmente en el Cuerpo y Sangre de Jesucristo. En Juan 6, Jesús enfatiza este punto nueve veces, que es quizás lo más preponderante que Jesús dice durante Su ministerio público. Veamos lo que dice:

- (1) "Yo soy el pan de vida. Sus padres en el desierto, comieron el maná y murieron; pero este es el pan que descende del cielo para aquel que lo coma, no muera" (Juan 6:48-50).
- (2) "Yo soy el pan vivo que descendió del cielo; El que coma de este pan vivirá para siempre". (Juan 6:51.)
- (3) "El pan que yo daré es mi carne para la Vida del mundo". (Juan 6:51.)
La multitud discutía entre sí, diciendo: "¿Cómo este hombre puede darnos a comer su carne?" (Juan 6:52) Ellos dudaban. Pero Jesús redobló su enseñanza:
- (4) "En verdad, en verdad les aseguro, que si no comen la carne del Hijo del Hombre y no beben su sangre, no tendrán vida en ustedes." (Juan 6:53.)
- (5) "El que come mi carne y bebe mi sangre tiene Vida eterna, y yo lo resucitaré en el último día" (Juan 6:54)
- (6) Porque mi carne es la verdadera comida, y mi sangre es la verdadera bebida. (Juan 6:55.)
- (7) "El que come mi carne y bebe mi sangre permanece en mí y yo en él." (Juan 6:56.)
- (8) Así como yo, que he sido enviado por el Padre que tiene Vida, vivo por el Padre, también el que se alimenta de mí tendrá vida por mí. (Juan 6:57.)
- (9) "Este es el pan que bajó del cielo, no como el que comieron sus padres y aun así murieron. El que coma este pan vivirá para siempre". Estas cosas las dijo mientras enseñaba en la sinagoga de Cafarnaúm.

Simón Pedro respondió a Jesús: "Señor, ¿a quién iremos? Tú tienes palabras de vida eterna". (Juan 6:68.)

Bienvenido

Le Invitamos a Registrarse!

El registro parroquial le ofrece:

- ♦ una oportunidad única para participar plenamente en la vida de la parroquia,
- ♦ ser parte de una comunidad y una familia espiritual donde usted pueda crecer en santidad.
- ♦ recursos para recibir preparación sacramental, educación religiosa y certificados para ser padrinos.

Para registrarse, utilice el código QR abajo, o visite www.olocc.net o llame a la Rectoría al 703-684-9261.



Yo Soy
El Pan
de Vida



GRUPOS VOLUNTARIOS

MONAGUILLOS

Niños/jóvenes que desean servir como monaguillos deben asistir a las clases de catequesis todos los domingos para continuar con su preparación espiritual. Comunicarse con la oficina o Sofia Quishpe al 703-395-4730

GRUPO DE ORACION

Se reúne todos los sábados de 5 - 10 PM. Comunicarse con José Ricardo Díaz al 703-622-6351 o Saul Orellana al 703-869-7095.

LEGION DE MARIA

Se reúne todos los viernes de 6 - 8 PM. Comunicarse con Rosa Benítez al 571-501-3435.

LECTORES

Si deseas unirte al ministerio de la Liturgia como *lector*, comunicarse con Ana Rivera al 703-508-7751.

UJIERES

Si quieres servir como *ujier*, comunicarse con Reynaldo Campos al 703-626-5473 o Manuel Bonilla al 571-594-2769.

CORO

Si deseas ser miembro del coro, comunicarse con Cristina Campos al 703-627-9990

Programa de Educación Religiosa

REGISTRESE AHORA PARA LAS CLASES DE EDUCACION RELIGIOSA!

- Estudiantes (k-8) y niños pre-escolares
- Domingos en las tardes en el Salón Parroquial
- Mas información, envíe un mensaje a Leigh Hasson, DRE@olocc.net o haga un clic in el QR code



Reflexión de la Semana

“Cualquiera que come mi carne y bebe mi sangre permanece en mí y yo en él.” Juan 6:56

Esta línea de la Sagrada Escritura es la que al final separa a los Católicos de nuestros hermanos Protestantes. Jesús esta realmente presente en el pan y el vino que se consagran en la Santa Misa. Consumimos realmente su cuerpo y su sangre. Ese es el don más grande que podemos recibir. La Eucaristía nos muestra cuan grande es el amor de Jesús por nosotros.

EVENTOS PARROQUIALES

CAFÉ Y DONAS

Domingo, 18 de Agosto... este fin de semana
Después de la Misa de las 8:00 y 10:00 Am en el patio frente a la Iglesia (o en el Salón Parroquial en caso de lluvia). Te esperamos!

PICNIC PARROQUIAL

Domingo, 15 de Septiembre
Reserve la fecha y únase al Picnic de la parroquia después de la Misa de las 12:00 PM. Habrá mucha diversión y comida para todos. Los esperamos!



Ignatius of Loyola Retreat

“Who do you say that I am?”



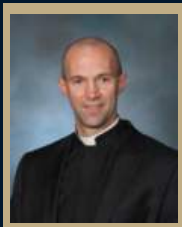
“ Whatever you are doing,
that which makes you feel
the most alive...that is
where God is. ”

— Ignatius of Loyola

Join us as we learn about St. Ignatius' battle plan on how to win the identity war. This retreat will focus on the importance of knowing Jesus Christ, and recognizing who we are in *Him*, and then helping others discover their true identity.

MEN'S SILENT RETREAT

Friday through Sunday
September 6-8, 2024
San Damiano Retreat Center
White Post, Virginia



Rev. David Dufresne is currently the parochial vicar at St. Charles Borromeo in Arlington. Born and raised in downtown Denver — he was baptized into the Catholic Church at the age of twenty, and immediately felt called to the priesthood. He applied to seminary through the Diocese of Arlington in 2007. After earning degrees in Philosophy and Classics, he was sent to study in Rome, and was ordained to the priesthood in 2014.

St. Ignatius of Loyola, a priest and theologian, founded The Society of Jesus (The Jesuits), becoming it's first Superior General. He is well known for his “Spiritual Exercises” developed in the mid 1500's.

Retreat cost is \$285. Financial assistance may be available.

For more information or to register, please email Deacon Mark Maines:

mark.maines@arlingtondiocese.org or visit our website at ArlingtonDiocese.org/Retreat



"God is with you. Be strong. Do not be afraid." Joshua 1:9

RETREAT FOR PERSONS FACING SERIOUS ILLNESS

This retreat offers a unique opportunity for persons who face serious physical illness to participate in a weekend retreat of spiritual renewal and refreshment.

Be comforted, inspired, and renewed by God's great love for you through prayer, worship, talks, breakout session and reflection time, led by our team of priests, doctors, nurses and caring volunteers. Spiritual Direction provided by Diocesan Priests.

September 27 - 29, 2024

**San Damiano Retreat Center
White Post, VA**

NO COST TO PARTICIPATE

This retreat is appropriate for

- Individuals facing serious illness and their caregiver
- Men and Women



We are unable to accommodate individuals who are dealing with

- Serious Mental Illness
- Impaired Memory

No smoking or vaping on premises

SPACE IS LIMITED!

Register at retreat@ccda.net

CONTACT
retreat@ccda.net
703-841-3830
www.ccda.net

VOLUNTEER at the retreat
https://bit.ly/vol_retreat




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